



Healthy Eating Week Information for families

British Nutrition Foundation's 10th Healthy Eating Week takes place from 13 – 17 June 2022! Find out how to register and get involved [here](#).

Why get involved?

- It is a chance to get everyone focusing on having a healthier foods.
- There are lots of free resources to help you run your Week.
- It shows that you value and are committed to supporting and promoting health.

The big message for the week this year is, Eat well for you and the planet! Each day of the week will have a different theme:

- Monday: Focus on fibre - for meals and snacks
- Tuesday: Get at least 5 A DAY - put plenty on your plate
- Wednesday: Vary your protein - be more creative
- Thursday: Stay hydrated - fill up from the tap
- Friday: Reduce food waste - know your portions



Resources for schools: Take a look at the resources below to help you plan your Healthy Eating Week. Click on the groups below to access resources.

[PRIMARY](#)

[SECONDARY](#)

[WORK PLACES](#)

Food Detectives Toolkit

Public Health England along with educational experts have developed a wide range of fun and engaging activities that can be used within the classroom and at home. These resources have been designed to be flexible – you can choose how to fit them into your timetable.



Food Detectives KS1 toolkit

Helping you teach KS1 about 5 A Day and sugar. Includes a lesson plan, extension activities and a homework task.

Food Detectives KS2 toolkit

Helping you teach KS2 about 5 A Day and sugar. Includes a lesson plan, extension activities and a homework task.



Information to share with parents

Eating and drinking well has many benefits, including improved concentration, mood and sleep, ability to maintain a healthy weight, strengthens your body, boosts immunity and much more. Take a look at the information below and click on the links to access the content.

Healthier food swaps

These simple food swap ideas can help cut down on sugar, salt and fat in you and your family's diet, plus discover easy ways to make a swap when you next shop.



Healthier snacks for kids

We know it can be difficult to know what to do when it comes to snacks, so we have lots of tips and advice to help you make and buy healthier options.



Download the free - NHS Food Scanner app

With a speedy scan of your family's favourite foods, you can find healthier swaps for next time you shop.

Sugar

It can often be really difficult to know what a healthier choice might be but this website has all the info, tips and advice you need to help your family be healthier and happier.



Healthy eating websites and services

Eat Well

Information and guidance about eating a healthy, balanced diet.

British Nutrition Foundation

Connecting people, food and science, for better nutrition and healthier lives.

Better Health Healthier Families

Easy ways to eat well and move more.



General websites and Services

www.mind.org.uk

www.selfharm.co.uk

www.papyrus-uk.org

www.themix.org.uk

www.rcpsych.ac.uk/mental-health/parents-and-young-people

www.warwickshire.gov.uk/sorted (For self help books)

www.youngminds.org.uk

www.time-to-change.org.uk

www.youthaccess.org.uk

www.annafreud.org



Kooth

Join Kooth, the free online mental health community for young people in Coventry and Warwickshire. Includes counselling via text service.

CW RISE

RISE is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.



Connect for Health can support school-aged children, young people and their parents/carers with sleep - just get in touch:



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Call us: 03300 245 204

Email us: connectforhealth@compass-uk.org